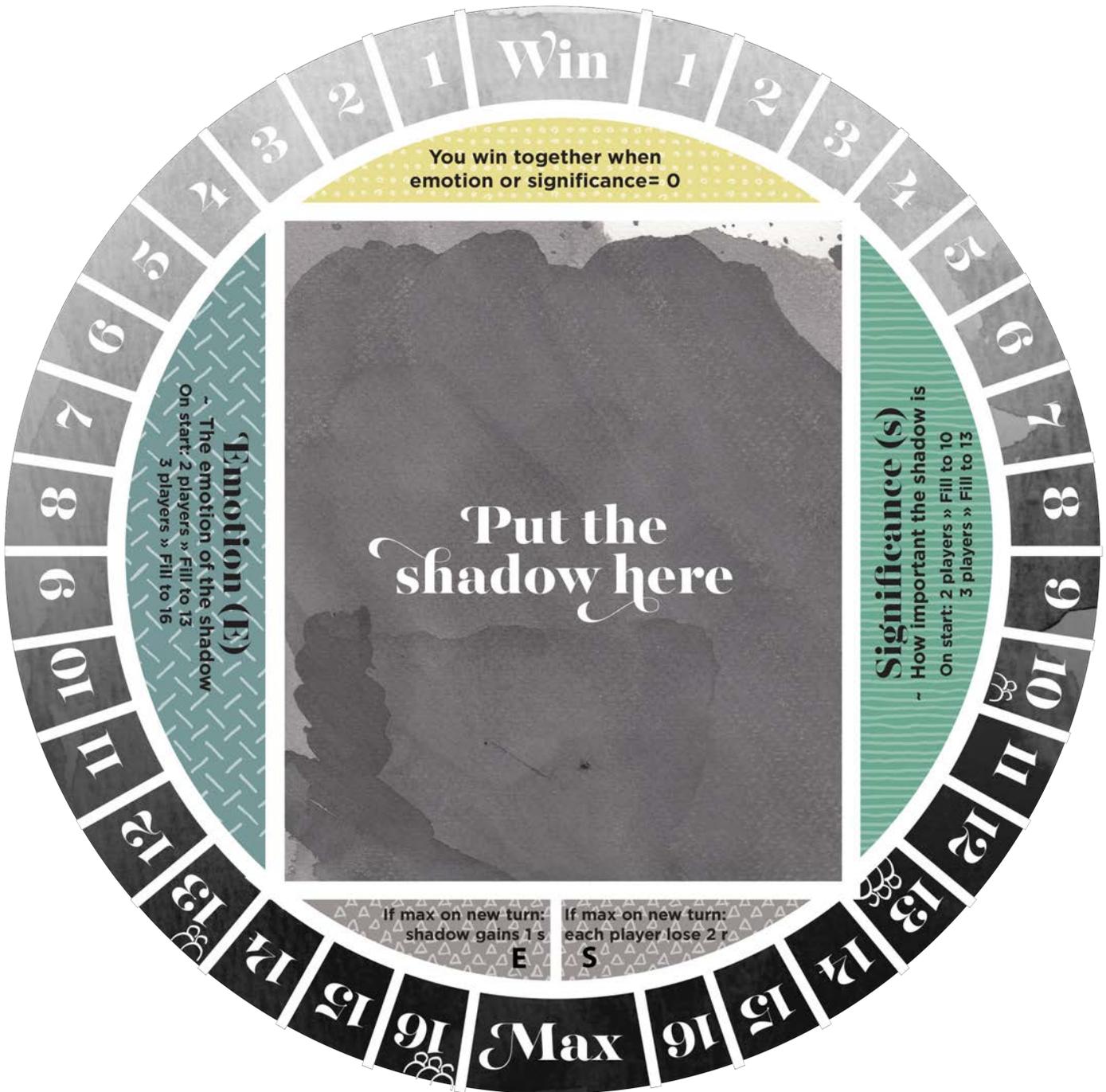


Mind Shadows Board Game Version 1  
by Mirjam Palosaari Eladhari, Nov 2018, Stockholm.

This file contains all that should be printed on only one side.



### Player Board

**Mental resistance**  
On the top of the world  
3 Cards/turn

**Negative emotions**

**Positive Emotions**

**FOR EACH EMOTION ON A NEW TURN: +1 RESISTANCE**

**On Start: place negative emotion here**

**On the top of the world**  
+3R  
-3S  
Set Emotion on start

R = Resistance  
S = Significance

Move R on this Player board.  
Move S on Shadow board.  
Bonus apply when you pass or land a marker on +R or +S.

**Mental Breakdown**  
0 cards/turn

When Mental Resistance (R) is between 1 and 16, use two support cards per turn.

**Max**  
For each emotion on MAX on new turn +1R

**Start Positive emotion**

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Move R on this Player board. Move S on Shadow board. Bonus apply when you pass or land a marker on +R or +S.

+3R -3S  
Set Emotion on start

12  
1 free super-power

1

2

4

5

3

2

1

10 +1R -1 S

9

8

4

3

17

16

15 +1R -1 S

14

13

11

7

6

5 +1R -1 S

2

1

0  
Start Positive emotion

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## Guide: Dividing Roles

## Set-up

Divide the three roles among you.

The roles are:

- Counter,
- Storyteller, and
- Voice of the Shadow.

A player who wrote their own shadow will always be its voice. If you wrote the Shadow together, or picked a pre-made Shadow, roll for who will be the voice of the shadow, or pick your preferred roles.

If you are two players, one of you will always take the role "The Voice of the Shadow", so the other player will then take care of both counting and storytelling.

### The Voice of the Shadow

At each turn you act for the shadow. During this time, you are the Shadows voice. See guide card.

### Storyteller

You get to make up events that triggers emotions and reactions, see guide card.

### Counter

At the end of each turn, you make sure that all players move their resistance marker, and move the Shadow's significance marker, if needed. See guide card.

## Guide: Shadow Voice of Shadow Role Card

At the start of each turn, after the Storyteller has described the turns even, roll for the Shadow 3 times. Have a pen and the pile of Shadow Roll Cards close.

### 1. Roll a die to see who the Shadow targets.

**2-player game.** If you roll:

1 – 3, you are the target.

4 – 6: your co-player is the target.

**3-player game.** If you roll:

1 -2 you are the target.

2-4: The player to your left is target.

5-6: player to your right (or next left, depending on how you sit)

Change and vary what the shadow says on roll 1 -4 as much as you like – just make sure the effects are the same.

### 2. Roll a die to see what the Shadow does.

The number on the die corresponds to the field on the Shadow-card.

**3. Do the shadow's action, and calculate the consequences** for the player who is the victim of the Shadow. Move the markers on the boards. If the Shadow's action increases its own significant emotion, this is added to the shadows emotion bar, not the players'. Place used cards in the story log pile.

### 4. Roll three times for the shadow.

The Shadow gets to make three actions per turn.

**Ex:** If you have a shadow of Pain, the shadow has your collective pain in itself – it is not on your player boards. Where players have Resistance, the Shadow has significance. When the Shadow loses all of the negative emotion OR all Significance, the players have won.

## Guide: Storyteller

## Storyteller role card

Have a pen and the pile of Event Cards close.

At the start of each turn: **Roll a die.**

### If you roll a

• **Negative event:** Take an empty event card. Roll a new die. Something relating to the emotion the number represent happens.

1: *Fear,*

2: *Anger,*

3: *Pain,*

4: *Sorrow,*

5: *Guilt.*

6: *You pick, or roll again.*

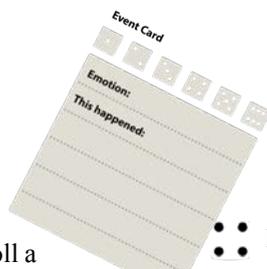
Make up what happens, and tell about it.

Then, write it as one sentence on the event card and put it in the story pile.

Each player gains 2 of the negative emotion. Move the markers on the negative emotion space on your Player boards.

• **Each player loses 1 Resistance**

• **The Shadow gains 1 Significance**



•• **Each player gains 1 Resistance**

••• **Positive event:** Take an empty event card. Something happens relating to the positive emotion that is at the top of the trail on *your* player board. Make up what happens. You can confer with your co-player(s).

Write what happens on the Event card, and note the positive emotion. Each player gains 2 of the same emotion. (If there are more than one emotion that share the highest number, you pick the positive emotion that relates to your event.)

••• **Give each other a super power card.** Each player chose an existing one from the pile, or write their own. Give to the other player(s).

*If you write your own:* They can decrease a negative emotion with 5, or increase a positive emotion with 5. You can make them to affect ALL, including the shadow – then the effect is 4.

## Guide: Counter

## Counter Role Card

At the end of each turn, make sure that all players move their resistance token, and that you move the Shadow's Significance token if needed.

(the end of the turn is when all players have used their support cards)

### Counting Resistance:

- Gain a resistance for each negative emotion that is on 0 on your player board.
- Lose a resistance for each negative emotion that is on MAX on your player board.
- Players lose 2 resistance each if the Shadow's significance is on MAX.
- If you have 4 new player-created cards in the story log pile, each player gains two resistance.

### Shadows Significance:

If the Shadow's emotion is on max at the end of the turn, the Shadow gains 1 Significance.

#### Tips for defeating the shadow!

- Make your own support cards, diminishing its negative emotion.
- As you move your positive emotions along the trail on the Player boards the Shadow's significance decreases.

## Guide: Overview of a turn

1st turn of a session: The Shadow starts.

### For each turn in the remainder of the session:

1. Story teller rolls for an event and tells it.
2. Voice of the shadow rolls for the Shadow.
3. All players use their 2 support cards. The player who was not last targeted by the Shadow starts.
4. The Counter counts.

### Guide: Winning and losing

You win if the Shadow's significance OR its defining emotion reaches 0.

You lose if all players have 0 resistance at the same time. If this happens, you don't have energy to support each other.

## Guide: Symbols

### Positive Emotions

-  Joy or Amusement
-  Belonging
-  Confidence
-  Appreciation Pleasure

### Negative Emotions

-  Pain
-  Sorrow
-  Fear
-  Guilt
-  Anger

### Card Types

-  Support Card
-  Super power Card
-  Destruction Card
-  Devastation Card

S 

R 

## Make your own shadow

### Set-up

1. Take a blank shadow card. Have a pen handy.
2. Throw a die. Think about something in your life that causes this emotion. It can be a situation, a person, a thing, or something more abstract.
 

1: Fear,  
2: Anger,  
3: Pain,  
4: Guilt/Shame  
5 - 6 : Pick the emotion you want of the above, or roll again.
3. Give it a *name*, write it in the name field.
 

Tip: Think about what actions that cause the emotion. Examples of names: The Excludor, Loss, A robber, - but you can call it what you like, as long as it makes sense to you. (Tip: If 'anger' is difficult, start with disappointment or something annoying.)

Do not strive for perfection! You get to change and vary the Shadow during play.
4. What does the shadow say? Write down two things it *says* in the Says fields (1 and 2).
5. When the shadow makes you feel the emotion, what does it do? Write what it *does* in Does field (3).
6. What would be the worst thing the shadow could do, or make happen? Write that in field 4.

**Guide: Players turn****PLAYER**

Once it is the players' turn, the player who was not just targeted by the shadow starts.

1. Select 2 of your cards, either support cards or super powers and use them.
2. Move tokens on the boards accordingly.
3. Place the used cards in the story log pile. You can make notes on the cards before you put them in the story pile.
4. At the end of your turn, make sure you have 6 support cards of which two are blank/writable.

**Rules:**

- You can direct your cards towards the Shadow or towards other players.
- If your resistance is on MAX you can use 3 cards.
- If your resistance is 0, you are in a mental breakdown and can use NO cards until you gain resistance.
- **Use the blank support cards to write your own actions.** You can write two new support cards per turn, but not for the same emotion. (ex. not two "-3 Guilt", but you can make one "-3 Guilt" and one "+3 Joy")
  - They can't decrease a positive emotion
  - You cannot write something that (to your knowledge) already exist in the deck – you must formulate new ones.

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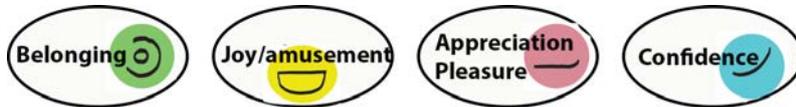
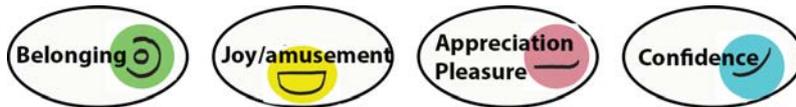
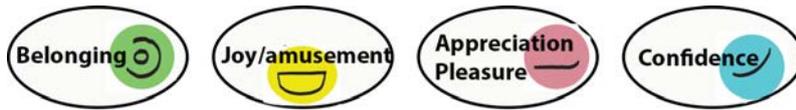
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## SHADOW CARD

Name (of Shadow):  
Neglected Relative

Emotion:  
  
GUILT

	"I don't want to be a burden but[...]"	-1 R (resistance)
	"Of course you don't have time for me. It's about priorities".	+ 2 of Shadow's emotion
	Guilt trips about [something] you forgot.	-2 R
	It is too late to fix it.	-3 R
	The Shadow uses a Destruction Card (pick from top of the pile)	
	The Shadow uses a Devastation Card (pick from top of the pile)	

If you roll a 2, you move the guilt marker on the Shadow's Board. The Neglected Relative Shadow holds your collective guilt.

## SHADOW CARD

Name (of Shadow):  
Exclusion

Emotion:  
  
Pain

	We would have accepted your application, but it's for [random criteria] only	-1 R (resistance)
	I'm afraid that seat is taken.	+ 2 of Shadow's emotion
	Excludes you [by].	-2 R
	People don't want to be seen with you.	-3 R
	The Shadow uses a Destruction Card (pick from top of the pile) See card	
	The Shadow uses a Devastation Card (pick from top of the pile) See card	

If you roll a 2, you move the pain marker on the Shadow's Board. The Exclusion Shadow holds your collective pain.

## SHADOW CARD

Name (of Shadow):  
Public Speaking

Emotion:  
  
FEAR

	Your last talk was a disaster. Anyone saying differently is just feeling sorry for you.	-1 R (resistance)
	No one is interested in what you have to say. If they look interested, it's because they are trained listeners.	+ 2 FEAR
	You must give a public talk.	-2 R
	You must give a public talk, promoting [some rubbish] you don't believe in.	-3 R
	The Shadow uses a Destruction Card (pick from top of the pile)	
	The Shadow uses a Devastation Card (pick from top of the pile)	

If you roll a 2, you move the fear marker on the Shadow's Board. The Public Speaking Shadow holds your collective fear.

## SHADOW CARD

Name (of Shadow):  
Bureaucracy

Emotion:  
  
ANGER

	"The issue you refer to doesn't seem to have an id number. Call this other number."	-1 R (resistance)
	"No, we did not receive the files you claim you sent. There will be a late fee."	+ 2 ANGER
	A(nother) bureaucratic [blob] flops into your life.	-2 R
	All your files are lost. You must re-create them. It will take weeks	-3 R
	The Shadow uses a Destruction Card (pick from top of the pile)	
	The Shadow uses a Devastation Card (pick from top of the pile)	

If you roll a 2, you move the anger marker on the Shadow's Board. The Bureaucracy Shadow holds your collective anger.

# SHADOW CARD

Emotion: \_\_\_\_\_

Name (of Shadow): \_\_\_\_\_

	Write what the Shadow would say: _____	-1 R (resistance)
	Something else the Shadow would say: _____	+ 2 of Shadow's emotion
	Write what the Shadow does: _____	-2 R
	What is the worst thing the Shadow could do? _____	-3 R
	The Shadow uses a Destruction Card (pick from top of the pile)	
	The Shadow uses a Devastation Card (pick from top of the pile)	

If you roll a 2 or get a card affecting the Shadow's emotion, you move the emotion marker on the Shadow's Board.

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**SHADOW ROLL**



**Target:**

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**Note:**

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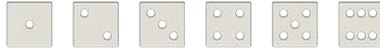
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**SHADOW ROLL**



**Target:**

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**Note:**

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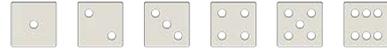
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**SHADOW ROLL**



**Target:**

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**Note:**

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**SHADOW ROLL**



**Target:**

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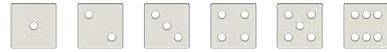
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**Target:**

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**Note:**

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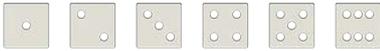
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**SHADOW ROLL**



**Target:**

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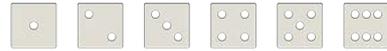
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**SHADOW ROLL**



**Target:**

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**Note:**

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**Target:**

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**Note:**

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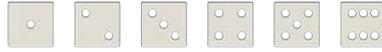
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**SHADOW ROLL**



**Target:**

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**Note:**

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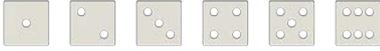
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**SHADOW ROLL**



**Target:**

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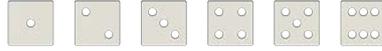
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**SHADOW ROLL**



**Target:**

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**Note:**

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**SHADOW ROLL**



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**Note:**

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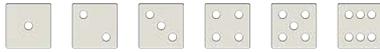
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**SHADOW ROLL**



**Target:**

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**Note:**

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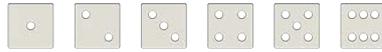
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**SHADOW ROLL**



**Target:**

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**Note:**

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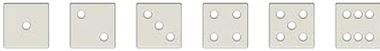
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**SHADOW ROLL**



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**Note:**

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**SHADOW ROLL**



**Target:**

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**Note:**

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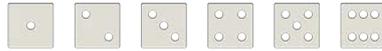
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**SHADOW ROLL**



**Target:**

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**Note:**

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**Event Card**



**Emotion:**

**This happened:**

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**Event Card**



**Emotion:**

**This happened:**

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**Event Card**



**Emotion:**

**This happened:**

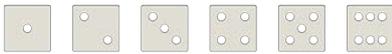
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**Event Card**



**Emotion:**

**This happened:**

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**Event Card**



**Emotion:**

**This happened:**

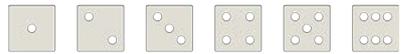
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**Event Card**



**Emotion:**

**This happened:**

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**Event Card**



**Emotion:**

**This happened:**

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**Event Card**



**Emotion:**

**This happened:**

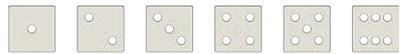
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**Event Card**



**Emotion:**

**This happened:**

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**Event Card**



**Emotion:**

**This happened:**

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**Event Card**



**Emotion:**

**This happened:**

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**Event Card**



**Emotion:**

**This happened:**

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